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for next class  
schedule

Gilbert Parks and Recreation

Class Size Limited  
**Register  
Today!**

# Lifeguard Training/WSI 2016

*Great Experience for a Greater Opportunity*

## Instructors:

Amy Behrens

## Materials

### Needed:

Swim Suit

Goggles (optional)

2 Towels

Change of Clothes

Lunch, Snacks,  
Water

Training Manual

## ATTENDANCE IS MANDATORY!!

In order to receive lifeguard training certification, you must be in attendance during all class sessions (NO exceptions), pass the final skills scenarios and the written exams.

The following pre-requisites must be completed during the first class session in order to continue on with the course:

### Lifeguard Training Prerequisite 1: 300-Yard Swim

⊕ Students must perform a 300-yard continuous swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not permitted. Swim goggles are allowed.

### Lifeguard Training Prerequisite 2: Tread Water

⊕ Students must tread water for 2 minutes without support and without stopping. When treading, only the legs can be used. Candidates should place their hands under the armpits. The head must remain above the surface of the water.

### Lifeguard Training Prerequisite 3: Timed Event

⊕ Students must swim a distance of 20 yards and place a 10-pound object at a depth of 7 to 10 feet performed within 1 minute and 40 seconds. Students will start in the water, swim 20 yards. The face may be in or out of the water, surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. The participants should not swim the distance under water. They will then exit the water without using a ladder or steps.

### WSI Prerequisite: Minimum Age of 16 Years Old

⊕ Demonstrate proficiency in six strokes: front crawl (freestyle), back crawl (backstroke), elementary backstroke, sidestrokes, breaststroke, and butterfly - 25 yards per stroke. Tread water for 1 minute

Course	Barcode	Days	Times	Dates	Complex	Classes	Fee
Lifeguard Training	86133	Sat, Mon-Thu	9am-4pm	Mar 12, Mar 14-17	Greenfield Jr. High Pool	5	\$130
WSI	86134	Mon, Thu, Sat	Mon & Thu: 5-8pm; Sat: 9am-4pm	Mar 28-Apr 9	Greenfield Jr. High Pool	6	\$130

**Register online at [www.gilbertrecreation.com](http://www.gilbertrecreation.com).**

**For further information please contact the Town of Gilbert at 480-503-6200.**

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